

Alpine County Mental Health Board

October 22, 2020

Meeting Minutes

Via ZOOM

MEMBERS PRESENT

Jessica Bennett, Chair
Rita Lovell, Vice Chair
Supervisor, Katherine Rakow
Jane Sweeney

MEMBERS ABSENT

Michelle Lundy

Other Attendees:

Deb Goerlich, BHS Admin Asst. III
Nani Ellis, Fiscal & Administrative Supervisor
Janet Stevens, LCSW - ACBHS Clinician
Katie Johnston – Fiscal Technical Specialist
Gail St. James, BHS Director
Bri Vallejo – Live Violence Free
Sara Daniel – Live Violence Free

1. **Call to order regular meeting:**

The meeting was called to order at 12:13 p.m.

2. **Oral Communication - General Public Comment**

This portion of the meeting is an opportunity for members of the public to address the Mental Health Board. No action can be taken on matters not listed on the agenda.

No General Public Comment

3. **Consent Agenda**

Matters that are routine and non-controversial and are usually approved by a single majority vote without discussion. Items can be removed from the consent agenda to be discussed and considered separately.

3.1 Request approval of regular meeting minutes of 9/24/2020

MOTION R. Lovell/SECOND J. Sweeney to approve the regular meeting minutes

AYES: R. Lovell, J. Sweeney, J. Bennett,

NOES: NONE

MOTION CARRIED



4. New Business:

- 4.1** Discussion and possible action on California Local Behavioral Health Boards and Committees (CALBHBC) website for training and resources – Standing item, topic to be determined

<https://www.calbhbc.org/training>

- Unanimously decided to choose the 15 min training “Mental Health Services Act (MHSA) Roles of the Mental Health Board members – Discussion to be held at the next scheduled meeting

5. Unfinished Business

- 5.1** Discussion and possible action on Mental Health Board Member’s Annual Goals compilation, execution and participation – Jessica Bennett

- Promote the Stakeholders meeting to be held on November 18, 2020 at 6:00 pm via ZOOM
- List the Goals on the Agenda
- Add the standing item to this topic “Review, revise and make recommendation for community input”
- Add an Advocacy item

- 5.2** Following up discussion of the training of “Roles and Duties” of Mental Health Board, attended by the members

- Links on the California Local Behavioral Health Boards and Committees (CALBHBC) website for following up:

<https://www.calbhbc.org>

WIC 5604.2 and MHSA 5848

- Supervisor Rakow reported that on the October 2nd training she learned that BOS’s on the MHB have voting privileges. It was confirmed by Bennett, the Chair, per Nichole Williamson; Alpine County’s Policy is that the BOS Liaison does not have voting privileges. Supervisor Rakow suggested the Mental Health Board members make recommendation to the BOS to change that policy.

5.3 Director Report – Gail St. James, LMFT

- Stepping back into work – in July there were two cohorts; 5 in the office and 5 working remotely, alternately weekly. As of October 26, 2020 everyone is coming back into the office.
- We have been taking baby step with getting the clients back in the office.
- Patients are able to use designated ZOOM set up for tele-psychiatry appointments
- No date for face to face with Tele-psych sessions (tele-medicine)
- We are now opening up to the clients to utilize the ZOOM Room to have therapy sessions with their clinicians.

5.4 Program Improvement Plan (PIP) Review-Janet Stevens, LCSW/ACBHS Clinician

- The Clinical and the Non-Clinical MH and recently approved, was the State Plan Drug Medical
- PIP's for the Alcohol and other Drugs (AOD) can be combined; i.e., one AOD/MH Non Clinical or Clinical and one AOD. It is very challenging for Alpine with the amount of data
- PIP's can only be for 2 years- COVID has limited what we can do for improvements. Our consultant I.D.E.A. will do the formulation and stage.
- MH Clinical Project – MHSA new program “Healing Trauma” using ACES, a more comprehensive service for clients that have experienced trauma. ACES is the outcome measure for the Adults and CANS for kids.
- AOD Clinical Program - “Red Road to Welbriety” engaging more people and having a better outcome, particularly the Native Community. We have used it as an outreach program and most of the attendees were not clients. We would like to incorporate this particular program into our Clinical Treatment Program.
- Combined Intervention – without having face to face sessions, the number of clients has declined. The number of enrolled clients is what happens to the penetration rates. We believe we lost a number of clients due having face to face replace with phone sessions. We are working on increasing the numbers by ZOOM & the ZOOM Room. How can we increase our numbers with telehealth? Get past the technical difficulties and improve the knowledge of the clients to be able to use ZOOM.
- Supervisor Rakow shared- difficult time, everything is challenging for not just us. Using technology to our advantage.

5.5 MHSA (Mental Health Services Act) – Gail St. James, BHS Director

- Director shared that Amy Broadhurst, MHSA Coordinator has resigned and moved into the Executor Director position at First 5 @ HHS.
- Chair Bennett inquired if the MHSA Coordinator position was going to be filled. Director reported that the position is frozen at this time.
- Supervisor Rakow asked about the Suicide Prevention Plan –

Clinician Janet Steven's working on the Plan. The plan committee started with Janet Stevens and David Griffith. Director reported Alpine County may need to contract this commitment out. As the SPP takes shape BHS will decide what is needed.

6. Board Member Reports:

- A) Chair Bennett – Thank you Janet for your hard work. The 2020 Data Notebook has come out and will be discussed at the next meeting in order to submit it by the due date. Patience Wrenck is returning to Alpine County Public Health and will be seeing patients.
- B) Vice Chair Lovell – Able to open the library curbside Saturday, October 24th. Anyone can request Kits, guitars & Wellness bags. The Bookmobile back on the road on November 4th. Working on public access to computer use by appointments.
 - See Exhibit "A" hereto
- C) Katherine Rakow, BOS Liaison – Shared starting January 1st a new BOS Liaison will be attending the MHB meeting, hoping my successor will participate. I will be taking nice long break. She recommends the MHB to recruit Community Members, the Washoe Tribal Police and Alpine County Sheriff to attend this meeting.
- D) Jane Sweeney – nothing to report, just staying home,
- E) Michelle Lundy – not present

7. Adjournment: 1:15 pm

The next regular meeting of the Mental Health Board will be held on November 19th, 2020 location to be determined.

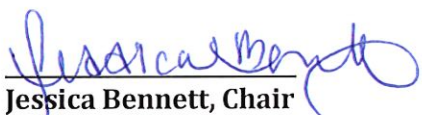

Jessica Bennett, Chair
Mental Health Board

Exhibit "A"

What Do Curbside Library Services Provide? How do they work?

"Curbside" is a safe delivery method for the provision of basic library services, such as checking out books, DVDs, guitars, etc. With modifications (see below) we're also able to provide copy, fax, print, scan to email, and 3D print services.

Request Library materials

- If you know what you're looking for, type the title or author name into search box.
- To BROWSE our entire collection, please do the following:
 - Go to <http://catalog.alpinecountyca.gov:8080/#section=home>
 - In search box, type a forward slash usually underneath the ? on your keyboard (looks like this: /) Doing this will bring up the Library's entire collection (approximately 35,000 items).
 - In the left margin are several choices for filtering the results according to what you're looking for--Format, New Titles, Author, Lexile, AR Reading Level, Series, Collection, etc.
 - For example if you want only audio books, choose "Format" and scroll down to "Audiobooks"
 - If you want to search a collection, such as McNaughtons, search under "Collections"
 - There are many collections so you may need to select "see more" to display them all
- When you find what you want, call or email the library to request your item(s) and schedule a time to pick them up
- At the scheduled time, staff will deliver your items to the back hatch or trunk of your vehicle

Curbside fax/copy/scan to email/printing services

- Cardholders and non-cardholders can email documents to be printed, scanned/faxed/copied/
- Staff will make arrangements for document pick-up and for the collection of any fees due
 - Money (in exact amount) can be submitted through book returns
- Paper documents (to be faxed, copied, scanned to email, etc.) can be submitted through book returns but will be quarantined for 72 hours before processing

Curbside 3D Printing

- Complete and submit the 3D print [request form](#) online
- Email your .stl file to library@alpinecountyca.gov
- Library staff will call to arrange a time for pickup when printing is complete

Markleeville Library library@alpinecountyca.gov (530) 694-2120

Bear Valley Library tschoettgen@alpinecountyca.gov (209) 753-6219

